

Three-Grain Peanut Bread

Rating: ★★★★★

Makes: 20 servings

Ingredients

1 cup flour
1/2 cup oatmeal (quick cooking)
1/2 cup cornmeal
1/2 cup non-fat dry milk powder
1/2 cup sugar
1 tablespoon baking powder
3/4 teaspoon salt
2/3 cup peanut butter
1 egg
1 1/2 cups milk, non-fat

Directions

1. Preheat oven to 325 degrees.
2. Combine dry ingredients in a large bowl.
3. Using two knives, cut peanut butter into dry ingredients until it appears coarse and crumbly.
4. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well.
5. Spread mixture into a greased loaf pan. Bake at 325 degrees for 1 hour and 10 minutes.
6. Cool for 10 minutes and remove from pan.

Virginia Cooperative Extension, Healthy Futures: Choosing Healthy Foods

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	18 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	190 mg	8%